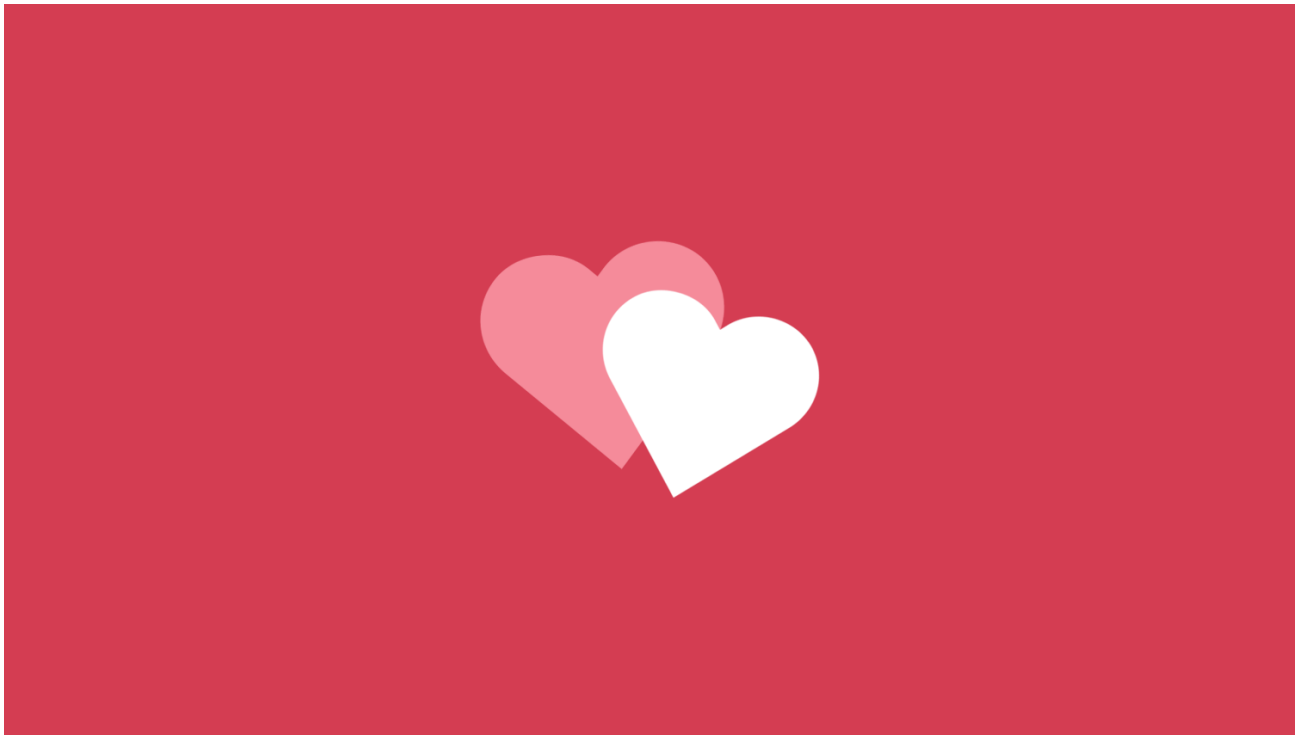
14 Relationship tips

Follow these tips and start developing good habits for a strong and healthy partnership!



EVERDAY

- [ ] Say "I love you", hug and kiss EVERYDAY

ADVENTURE

- [ ] Keep the adventure going - do something different. travel somewhere different

SPEND TIME TOGETHER

- [ ] Make sure to spend enough time together and be present. (Being close doesn't mean being present and that means not sitting next to each other while using your tablets, phones or computers)

COMMUNICATE

- [ ] Be clear. Don't assume anything. Communication also needs to Stay open and exclusive between you and your spouse when it comes to your marital affairs.

LEARN TO LET IT GO

- [ ] Put aside pride and ego - super hard. The winner Of the argument is usually the loser. Ask for forgiveness. don't say sorry. Don't go tit for tat. Learn to let it go.

HEALTHY LIFESTYLE

- [ ] Live a healthy lifestyle. Stay in shape for yourselves and for each Other

SURROUNDINGS

- [ ] Surround yourself with friends that are in healthy and happy relationships. In a study headed by Rose McDermott at the Brown Univeristy. it claims divorce can be contagious.

MAKE COMPROMISES

- [ ] Be ready to make compromises by paying attention to each Other's needs sex, appreciation. attention. etc.

HELP

- [ ] Help each Other around the house

ENCOURAGE, PRAISE, COMPLIMENT

- [ ] Encourage, praise and compliment each other sincerely. Feeling appreciated feels great and is way more effective than learning a lesson through verbal abuse.

DON'T CHANGE YOUR SPOUSE

- [ ] DO not try to change your spouse. Change how you love them and how you react to them.

CHECK YOURSELF

- [ ] Before pointing the finger, check yourself, See What you can do first and then find a non-aggressive way to ask for something.
- [ ] READ THIS BOOK
- [ ] Read the book "how to make friends and influence others" by Dale Carnegie

EXCLUSIVITY

- [ ] Let no one get involved in your marital affairs which include in- laws, parents and friends.

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